

## Illinois

### Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases

<p style="text-align: center;"><b>The Epidemic</b></p> <p>59% of Illinois adults are overweight or obese. (CDC BRFSS, 2002)</p> <p>30% of low-income children between two and five years of age in Illinois are overweight or at risk for overweight. (CDC PedNSS, 2002)</p> <p>The obesity rate among Illinois adults doubled between 1990 and 2002. (CDC BRFSS, 2002)</p>	<p style="text-align: center;"><b>Program Priorities</b></p> <p>Since receiving funding from CDC in July 2003, the Illinois Nutrition and Physical Activity Program has focused primarily on activities related to capacity building, including securing approval for needed staff positions and developing the statewide partnership.</p> <p>Activities related to development of the state plan include the following:</p> <ol style="list-style-type: none"> <li>1) The refinement of the Nutrition and Physical Activity Subcommittee Objectives and Action Plans for the Illinois Cardiovascular Health Initiative; this work will serve as the foundation for the anticipated work of the obesity prevention partnership; and</li> <li>2) Conducting meetings statewide with potential Steering Committee members whose responsibilities will include identification of partnership subcommittees and possible members of those subcommittees.</li> </ol>
<p style="text-align: center;"><b>Upcoming Events and Products</b></p> <ul style="list-style-type: none"> <li>➤ A nutrition and physical activity listserve</li> <li>➤ An electronic needs and inventory assessment tool for county health departments</li> <li>➤ Physical activity and obesity survey questions for inclusion in the Illinois County Behavior Risk Factor Surveillance System</li> </ul>	<p style="text-align: center;"><b>Notable Partners</b></p> <p>Consortium to Lower Obesity in the Children of Chicago</p> <p>Quad Cities Health Initiative — Rock Island</p> <p>Rockford Health Council — Rockford</p> <p>Shawnee Health System — Carterville</p> <p>Sinai Urban Health Institute — Chicago</p> <div style="text-align: right;"> <p>Project period: 2003–2008</p> <p>Year First funded: 2003</p> <p>Funding Stage: Capacity building</p> <p>Contact Person: Brenda J. Ambrose</p> <p>Program Coordinator</p> <p>Illinois Department of Public Health</p> <p>Telephone: 217-785-1060</p> <p>Fax: 217-782-1235</p> <p>E-mail: <a href="mailto:jambrose@idph.state.il.us">jambrose@idph.state.il.us</a></p> </div>



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